

# Stay Hydrated

Without sufficient water, the body can dehydrate which causes headaches, fatigue, constipation, muscle cramps, kidney problems and irregular blood pressure.



Make drinking water fun! **Try freezing fruit in ice cube trays** to bring a little fun and flavor to your water. Keeping a pitcher of water with fresh fruit slices in it is also a refreshing treat throughout the day, without the added sugar that juice tends to have.



**Give each child their own water bottle.** They can pick out one with cool designs, or decorate their own. Remind them throughout the day to drink up and refill.



Offer water between meals. **Drinking water between meals will keep you hydrated and it protects your teeth** by rinsing out the mouth. Because water is calorie free, your kids won't fill up on it like they might with milk or juice, so you will have a good eater once meal time comes.



Drink water during and after physical activity. It is important for active kids and adults to drink plenty of water, especially in warmer weather. **Water is the best way to keep hydrated.** Sports drinks are really only necessary if you are participating in intense physical activity, like marathon training.

## Water is #1!

For more than two decades, soda was the No. 1 drink in the U.S. But now, bottled water has finally displaced soda, becoming America's beverage of choice. Currently, people drink 21 gallons of bottled water a year.

